

# CALIFORNIA BOARD OF BEHAVIORAL SCIENCES

WINTER 2026 NEWSLETTER

VOL. 12 NO. 1



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## BOARD CHAIR REPORT WINTER 2026



Wendy Strack

As we begin the new year, the Board extends its warmest wishes to all licensees, registrants, and applicants. We are grateful for your continued commitment to serving Californians and for the important work you do every day to support the mental health and well-being of our communities. I'd like to take a moment to share a few important updates and reminders as the Board continues its work to support licensees and protect the public.

One ongoing priority is **recruiting Subject Matter Experts (SMEs)** to assist with examination development. Our exams are strongest when they reflect the realities of practice, and that only happens when experienced, diverse professionals are willing to lend their expertise. If you've ever considered getting involved, this is a meaningful way to give back to the profession. See page 4 for information on how to participate.

Many of you have also been following the Board's progress toward adopting the **Association of Marital and Family Therapy Regulatory Boards (AMFTRB) National Examination**. Planning for this transition is underway, and the Board remains focused on ensuring the change is thoughtful, well coordinated, and clearly communicated. We will continue to share updates as key milestones are reached.

In addition, the Board's **Workforce Development Committee** has begun reviewing the **education requirements for LMFT licensure**. This work is part of a broader effort to evaluate whether current requirements continue to support a strong, competent workforce while keeping pace with changes in education, training models, and service delivery. We welcome your input during this review, and any potential recommendations will be shared and discussed during the committee meeting. For meeting dates, please see the back page of this newsletter.

**I'd also like to reinforce a few important supervision reminders.** A valid Supervision Agreement must be established, and applicants are not permitted to sign on their supervisor's behalf, including on Weekly Logs or Experience Verification forms. These rules safeguard applicants, supervisors, and consumers while maintaining the integrity of the licensure process.

Similarly, registrants and licensees are strongly encouraged to **retain permanent copies** of essential licensure records, such as Experience Verification forms. These documents are frequently required years later, particularly if you seek licensure in another state.

Thank you, as always, for the work you do and for staying engaged with the Board.

**Wendy Strack**

Chair, California Board of Behavioral Sciences

THE BOARD'S MISSION IS TO PROTECT AND SERVE  
CALIFORNIANS BY SETTING, COMMUNICATING, AND ENFORCING STANDARDS  
FOR SAFE AND COMPETENT MENTAL HEALTH PRACTICE.



## NEW: BBS EMAIL SUBSCRIBER LIST FOR SUPERVISORS

The Board of Behavioral Sciences is excited to announce a new listserv/email subscribers list for supervisors! By joining, supervisors will receive updates, resources, and important information on all things related to supervision. Stay connected and informed. Subscribe today at [www.bbs.ca.gov/webapplications/apps/subscribe/index.html](http://www.bbs.ca.gov/webapplications/apps/subscribe/index.html).

## IMPORTANT REMINDER: SUPERVISOR SELF-ASSESSMENT REPORT: A ONE-TIME REPORT REQUIRED FOR ALL SUPERVISORS

As a reminder, all licensees supervising an individual gaining hours of experience toward LMFT, LCSW, or LPCC licensure must complete and submit a Supervisor Self-Assessment Report to the Board within 60 days of commencing supervision for the first time. The purpose of the report is to confirm the licensee's qualifications to serve as a supervisor. It also helps new supervisors by

ensuring they understand key requirements. The form, with instructions for completion and submission, is available on the Board's [website](#). Once you have submitted this one-time report, you will never need to submit it again.

**The Board audits supervisors for compliance with this requirement.** Because this requirement was implemented somewhat recently (in 2022), supervisors who are found to be out of compliance currently receive a courtesy notice. This grace period will eventually end, and the Board may take disciplinary action against those who remain out of compliance. If you have not submitted your Supervisor Self-Assessment, the Board highly encourages you to submit it as soon as possible.

## SUPERVISION VIA VIDEOCONFERENCING NOW PERMANENT

Originally set to expire on January 1, 2026, the provision allowing supervision via videoconferencing in all settings has now been made permanent with the Governor's recent signing of Senate Bill 775. This means supervisors and supervisees may continue to meet remotely via videoconferencing for supervision sessions. This change ensures continued flexibility and improves access to supervision, particularly in remote or underserved areas.

A reminder that if supervision via videoconferencing is used, the law requires that within 60 days of the commencement of supervision, the supervisor must conduct a meeting with their supervisee to assess the appropriateness of allowing the supervisee to receive supervision via two-way, real-time videoconferencing. The assessment must include, but is not limited to, all of the following:



- The abilities of the supervisee.
- The preferences of both the supervisee and supervisor.
- The privacy of the locations of the supervisee and supervisor while supervision is conducted.

The supervisor must document the results of their assessment. If their assessment finds that supervision via two-way, real-time videoconferencing is not appropriate with that supervisee, then they shall not utilize it.



## HOW APPLICANTS CAN HELP AVOID DELAYS

Applicants can help support a smoother and more timely application review by submitting a complete and well-organized application. These efforts are greatly appreciated and directly assist Board staff in reducing processing times.

To help avoid delays, applicants are encouraged to:

- Ensure **all required documents** are included before submitting the application.
- Use the **checklist** provided in the application instructions to confirm completeness.
- Review all **completed forms** carefully for accuracy, required signatures, and dates.
- **Avoid stapling** documents or using Post-it notes, as the application will be scanned. Please use a single binder clip if needed.
- Submit clear, **legible** copies of all materials.

Incomplete or improperly assembled applications often require additional review or follow-up, which can extend processing time. Careful preparation at the time of submission helps the Board review applications more efficiently and benefits all applicants.

## 2026 STATUTES AND REGULATIONS BOOK NOW AVAILABLE ONLINE

The Board's Statutes and Regulations publication has been updated to include law changes that took (or are taking) effect in 2026. It is available on the Board's [website](#).



# INTERESTED IN HELPING DEVELOP LICENSURE EXAMS?

## GIVE BACK TO YOUR PROFESSION AND HELP PROTECT CONSUMERS IN CALIFORNIA!

The Board is recruiting Subject Matter Experts (SMEs) for its examination programs. In addition to receiving compensation, SMEs can earn up to six hours of continuing education (CE) credit upon completion of certain activities, which can be used to satisfy the Law and Ethics portion of a licensee's CE requirement.

A more diverse pool of SMEs critically affects the quality and defensibility of licensure exams. The Board is seeking to increase its SME pool to ensure the inclusion of experts from different specialty areas, practice settings, geographic locations, ethnic backgrounds, and genders.

Exam SMEs participate in the development and review of the LCSW, LMFT, LPCC California Law and Ethics Exam, and LEP Exam. SME input ensures that the exams accurately assess whether candidates possess the minimally acceptable knowledge, skills, and abilities necessary to perform tasks of the job safely and competently.

Workshops last from one to three days and are normally conducted from 8:30 a.m. to 5:00 p.m. each day. Workshops are offered both in person and virtually, depending on the type of workshop. Compensation is variable, depending on workshop length and complexity (generally \$200-300 per day). Travel costs for participants who travel 50+ miles each way includes airfare and hotel prepaid by the Board, as well as reimbursements for mileage, transportation and/or parking, and meals, in accordance with state policy.

### How to Participate:

- Licensees must complete the **Subject Matter Expert** application and submit to [ExamSME@dca.ca.gov](mailto:ExamSME@dca.ca.gov).
- The Board notifies licensees of eligibility.
- Licensees must sign an agreement to not engage in related exam coaching/preparation activities.

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## RECRUITING SUBJECT MATTER EXPERTS

BRING YOUR EXPERIENCE.  
MAKE A DIFFERENCE.

### EXAM WORKSHOPS

- Item (Question) Writing/Review
- Pass Score Setting
- Clinical Vignette Writing/Review
- Examination Construction

### REQUIREMENTS

- ✓ Current LMFT, LCSW, LPCC, or LEP in good standing
- ✓ No prior/pending enforcement actions/investigations
- ✓ 20-40 hours of training, supervision, and education per week
- ✓ Clinical experience (minimum 10 hours face-to-face per week)
- ✓ LMFT, LCSW, and LPCC must be licensed for 2 years
- ✓ LEPs must be currently practicing
- ✓ California resident

**Send your application**  
[ExamSME@dca.ca.gov](mailto:ExamSME@dca.ca.gov)

**Our Website**  
[bbs.ca.gov/exams](http://bbs.ca.gov/exams)

### Questions?

[ExamSME@dca.ca.gov](mailto:ExamSME@dca.ca.gov)



# Help Patients Heal from ACEs



## Support for patients impacted by ACEs or toxic stress

↓ ↓ ↓  
**Adverse Childhood Experiences (ACEs)** are stressful or potentially traumatic experiences that happen to us before we turn 18. Examples include having a caregiver who struggled with mental health or substance use, witnessing domestic violence, or experiencing abuse or neglect.

ACEs are **common** in California. When traumatic events happen over and over again, without enough buffering support, our natural stress response gets over-activated and we can experience something called toxic stress. Toxic stress can impact our mental and physical health well into adulthood.



**3 out of 5 people in California have experienced at least 1 ACE.**

**The good news is that healing is possible.** And as a health care provider, you can partner with your patients on their healing journeys. Please share these valuable resources from the Office of the California Surgeon General's *Live Beyond* campaign today to help them learn more about ACEs, toxic stress, and things we all can do to heal.

## Resources for Patients

### Downloadable and printable in multiple languages

#### ACEs, Toxic Stress, and Stress Busters Palm Card

This easy-to-reference card explains what ACEs are, why they matter, and details 7 proven Stress Busters to help with healing.

#### Stress Buster Pocket Card

Get strategies for managing stress in the moment, including step-by-step mindfulness and calming breathing exercises.

#### Guide for Patients to Access Support

A quick guide for patients on how to access additional support to help heal from the impacts of their ACEs and toxic stress, find a mental health care provider, begin a conversation, and more.



Palm Card



Guide for Patients to Access Support



Pocket Card

Visit [livebeyondca.org/campaign-resources](https://livebeyondca.org/campaign-resources) to download these resources.



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## Help Patients Heal from ACEs

### On-Demand Resources for Patients

#### Apps

##### Soluna

Available 24/7, this 100% free mental health app connects Californians ages 13–25 with live coaching, stress relief, and online communities.

Download at [solunaapp.com](https://solunaapp.com).



Download on the  
App Store

GET IT ON  
Google Play

##### BrightLife Kids

For California families with kids ages 0–12, this 100% free app provides expert coaching for sleep issues, worry, social skills, and more. Live, 1:1 video sessions, secure chat, on-demand content, and more.

Download at [helloworld.com/brightlifekids](https://helloworld.com/brightlifekids).

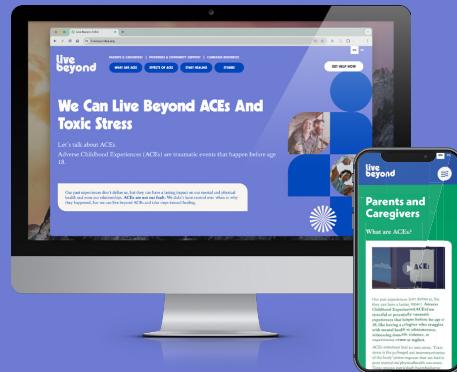


Download on the  
App Store

#### Online

##### Live Beyond

We're stronger than our trauma. For more info, proven Stress Busters, videos by Californians who are healing from toxic stress and ACEs, and more, go to [livebeyondCA.org](https://livebeyondCA.org).



Live Beyond website

#### Tips for providers

Make sure you visit the California ACEs Aware initiative for up-to-date training content on ACEs screening, implementation, treatment, and healing for patients.

Visit [acesaware.org](https://acesaware.org).



ACEs Aware website



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# YOU'RE INVITED

## PARTICIPATE IN BOARD AND COMMITTEE MEETINGS

The Board and its committees meet multiple times throughout the year to establish priorities, discuss policy matters, and make key decisions that shape outcomes for consumers and the Board's regulated professions. Your participation plays a vital role in this work.

These meetings, conducted both virtually and in person, provide a public forum that promotes transparency and accountability and encourages meaningful stakeholder engagement in the regulatory process.

### DURING BOARD AND COMMITTEE MEETINGS, MEMBERS TYPICALLY:

- Review and vote on proposed regulations and proposed legislation.
- Discuss licensing requirements and enforcement matters.
- Consider recommendations from staff.
- Address public comments and stakeholder input.
- Make decisions that guide the Board's strategic priorities and consumer protection efforts.

### ABOUT THE COMMITTEES:

The **Workforce Development Committee** addresses critical challenges in California's behavioral health workforce. This committee is dedicated to ensuring that consumers have access to qualified mental health professionals by focusing on strategies that strengthen and sustain a diverse workforce. The committee's goals are to:

- Identify workforce needs and increase the mental health workforce in California.

- Identify any unnecessary barriers within the pathways toward licensure and propose law changes that would reduce barriers while maintaining public protection.
- Recommend legislative and regulatory changes that would enable licensing candidates to gain early eligibility to licensure examinations.

The **Outreach and Education Committee** works to strengthen the Board's efforts in promoting awareness and understanding of its mission and resources, ensuring outreach efforts are accessible and inclusive. The committee's goals are to:

- Expand current outreach efforts by hosting live events for educators, supervisors, and associates to address common licensure pathway concerns and gather ongoing feedback.
- Identify current outreach efforts or initiatives by other state, local, and community agencies in reaching high school students and undergraduates in underserved communities to increase awareness of and encourage entry into the mental health profession and determine how the Board can support those efforts.
- Update the Board's website and outreach materials to increase accessibility and expand on resources for licensees and individuals pursuing mental health careers.
- Strengthen outreach to educational institutions and students to promote understanding of the licensure pathway and legal obligations of practitioners.
- Develop strategies to reach the public and increase awareness of their rights as mental health consumers.

The **Policy and Advocacy Committee** is focused on the following:

- Developing proposed legislation and regulations related to the Board's mission.
- Proposing legislative and regulatory changes that respond to emerging trends or concerns in the mental health professions.
- Reviewing proposed legislation and regulatory changes that may affect the Board's licensees and registrants.

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## WHAT SHOULD I KNOW ABOUT PARTICIPATING?

### • Attending Meetings

Board and Committee meetings are open to the public unless otherwise noted in accordance with the Open Meeting Act. Members of the public are provided opportunities to comment on matters presented in open session, though the Board or Committee may allocate speaking time among those who wish to speak.

Public comment is permitted on individual agenda items, and time is set aside at the beginning of each meeting to comment on any item not on the agenda. The Board makes every effort to webcast its public meetings when resources allow, and webcast links are posted on the Board and Committee Meetings page.

### • Teleconferencing

Some meetings may be accessible via teleconference. When a meeting includes a teleconference option, individuals listening remotely will be given an opportunity to provide public comment. Teleconference instructions will be included in the agenda for that specific meeting.

### • Time Limits

The Board aims to allow each speaker two to three minutes per agenda item. When a meeting is conducted by teleconference, public comments may be subject to additional time limits. The same time limits apply to those attending in person.

## HOW TO GET INVOLVED

The Board's [Meetings](#) page provides meeting dates, agendas, meeting materials, and minutes. Refer to meeting agendas for details on how to participate.

# UPDATE FROM THE CALIFORNIA DEPARTMENT OF HEALTH CARE ACCESS AND INFORMATION (HCAI)

## MEDI-CAL BEHAVIORAL HEALTH SCHOLARSHIP PROGRAM

HCAI is offering the **Medi-Cal Behavioral Health Scholarship Program** as part of the Behavioral Health Community-Based Organized Networks of Equitable Care and Treatment (BH-CONNECT) Workforce Initiative. The state will provide up to \$180,000 in scholarship funding, with a four-year service obligation, to eligible individuals participating in educational programs to become non-prescribing licensed practitioners.

The application window opens on February 2, 2026, and closes on March 16, 2026.

## THE CALIFORNIA HEALTH WORKFORCE EDUCATION AND TRAINING COUNCIL (COUNCIL)

The Council supports HCAI's efforts to strengthen and align statewide health workforce education and training strategies. The Council plays a key role in helping ensure California's health care system is prepared to meet the needs of its diverse communities.

HCAI will hold the next in-person Council meeting on March 4–5, 2026. This meeting is open to the public.

## SUPPLY AND DEMAND MODELING FOR CALIFORNIA'S BEHAVIORAL HEALTH WORKFORCE

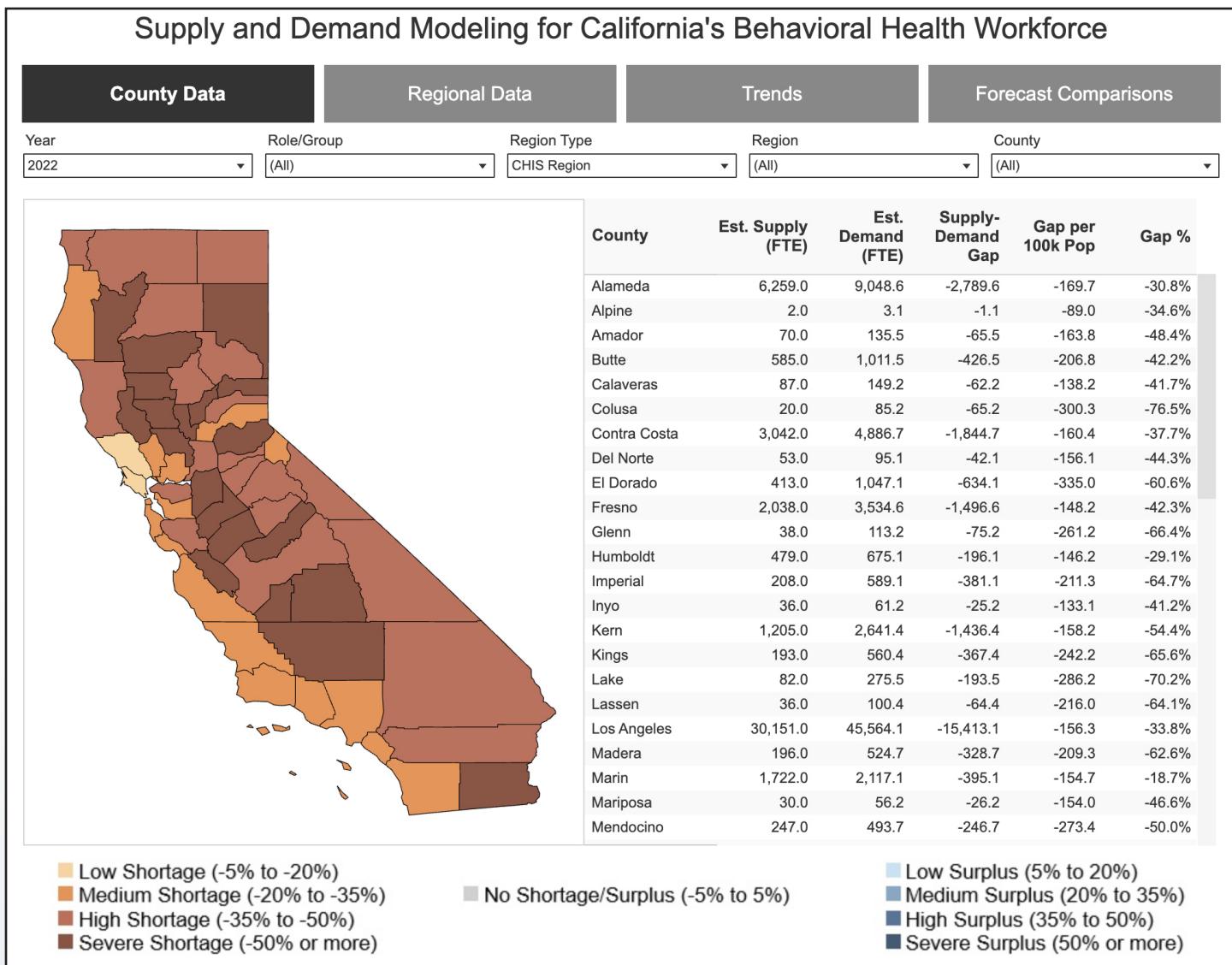
HCAI has released the **Supply and Demand Modeling for California's Behavioral Health Workforce**, a new, interactive data visualization that provides role- and geography-specific views of workforce supply and demand. It highlights current and projected gaps and identifies where shortages are most acute—enabling users to better understand workforce challenges in California and make data-informed decisions.

## KEY FINDINGS

- In 2025, all 58 counties are projected to face a shortage across all behavioral health roles examined, with the most severe shortages in the Northern and Sierra, Inland Empire, and San Joaquin Valley CHIS regions.
- All regions and counties are projected to face a shortage of non-prescribing licensed clinicians in 2025, with 22 counties facing a severe shortage of -50% or more. Statewide, this represents a -40.6% shortage and an estimated need for 55,298 additional providers to meet forecasted demand.
- By 2033, it is projected that the overall statewide shortage of non-prescribing licensed clinicians will increase to just over -42%, resulting in a need for 171,413 total providers to meet future demand, nearly double the current statewide supply.
- In 2025, nearly all regions and counties are projected to face a shortage of associate level clinicians, with 17 counties facing a severe shortage of -50% or more. Statewide, this represents a -33.6% shortage and an estimated need for 13,175 additional providers to meet forecasted demand.
- By 2033, the statewide shortage of associate level clinicians is projected to decrease by half (-17.7%). However, 43 counties will still face a shortage of -5% or more, while 11 counties will face a surplus of 5% or more, indicating a potential maldistribution of providers.
- All regions and counties are projected to face a shortage of psychiatrists in 2025, with 39 counties facing a severe shortage of -50% or more. Statewide, this represents an estimated need for 3,782 additional providers to meet forecasted demand. By 2033, it is projected that need will double to more than 6,200 additional providers needed to meet forecasted demand.

All results and analyses are publicly available through interactive dashboards, downloadable data files, and comprehensive methodology documentation. The data will be regularly updated to ensure continued accuracy and relevance. (Current data as of 2022, model projections 2023-2033.)

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## WHY IS MODELING THE SUPPLY AND DEMAND OF OUR BEHAVIORAL HEALTH WORKFORCE IMPORTANT?

Modeling tools provide a detailed, role- and geography-specific analysis of the current and future workforce, including both anticipated gaps and available supply. These models support data-driven decision-making across departments, agencies, and stakeholder groups by quantifying the scale of workforce challenges and proactively addressing future shortages and inequities. They also enable greater impact by creating a shared understanding of gaps, priorities, and opportunities. By highlighting the greatest gaps by role and region, the models guide more effective allocation of funding and programmatic efforts across entities. Additionally, modeling enables the tracking of progress toward state equity goals—such as improving racial and linguistic representation—and helps reduce disparities.

[Subscribe to HCIA's mailing list](#) to receive announcements when new HCIA data becomes available.

## BBS STAFF PROFILE



### TIMOTHY NEVINS, OFFICE TECHNICIAN

#### Tell us a little bit about yourself and your career journey so far.

Prior to my journey at BBS, I worked a variety of customer service positions beginning with the State Fair at 14 years old. It was a hot and challenging experience, but it

propelled me into a variety of customer service positions from ages 16 to 21. In August of 2023, I began working as the primary pickleball instructor at Del Norte Athletic Club, and I have continued coaching there whenever my schedule permits.

#### How did you become a part of BBS?

After graduating, I began to seek out different entry level state positions. Fortunately, an acquaintance informed me of an Office Technician opening within the Board of Behavioral Sciences, and I applied promptly. I received a formal offer in June of 2025 and began working there on July 7, 2025. I am very grateful for this wonderful opportunity to join the ranks in state service at BBS.

#### What is your position at BBS, and what does a day at the office look like for you?

I am an Office Technician in the administrative unit at BBS. My day includes processing the incoming mail for the Board, receiving Supervisor Self-Assessment forms, and maintaining the Board's Temporary Practice Allowance inbox. When able, I also digitize archived files and audit Temporary Practice Allowance applications.

#### What are the most interesting aspects of the work that you do for BBS?

Working with our licensees digitally or in person is the most interesting aspect of working at BBS. We serve a unique group of individuals who have dedicated years to accomplishing their goal of licensure. As a result, when assisting a licensee or registrant, you can feel the weight of their circumstances. This contrasts greatly with my previous customer service experience, which related to retail and athletic club management.

#### What is one thing that you wish more people knew about BBS?

I believe that more licensees and consumers ought to see the genuine care of our executive management. I have not encountered a workplace that promotes the well-being of its consumers and staff in such a tangible way. Their open-door policy is not just a phrase, they are genuinely available to discuss any challenges you are facing as well as to celebrate your accomplishments. Ultimately, we are very blessed at BBS to have kind and dedicated executive staff to lead as we serve our consumers.

#### Who or what inspires you?

My father is one of my greatest inspirations. After his passing in January of 2023, I began to see the impact of his life and ministry more clearly. Countless people who needed a listening ear and a friend turned to my father. He unconditionally loved so many dear yet lonely individuals at River City Grace because of Christ's love for him. It is my aspiration to demonstrate Christ's love to those in need regardless of their circumstances.

#### What is a fun fact about you that few people know?

Prior to pursuing my online degree in piano, I was accepted into Sacramento State University's music program for jazz drumming. A few of my favorite icons in this discipline were Jeff Hamilton, Joe Morello (the drummer for the standard "Take Five"), Ed Thigpen, and Larnell Lewis.

## PART 3: WORDS THAT HEALED: HOW THERAPISTS HELP DISMANTLE SHAME

In our last two newsletters, we shared a social media post by Kaileen McMickle, LPC (Wisconsin), who specializes in working with women who carry shame. She asked, "Share something your therapist said or did that made their shame melt away" — and the thousands of responses were powerful.

Below is the next set of responses that we promised to publish, which we hope you will enjoy. As therapists, it's easy to underestimate the lasting impact of a single moment of attunement, validation, or gentle honesty. These comments are a reminder of how meaningful your work can be, and how small acts of empathy often become life-changing experiences for your clients. Some of these may not resonate at all, but we hope that there is a phrase or two that appeals to you. Watch our forthcoming newsletters for more!

1. Do you want to be right, or do you want to have peace in your life?
2. It's ok if forgiveness is not a part of your journey, some actions are so egregious that they can't be forgiven.

3. Your nervous system is like a dragon that wants to protect you, and you are its keeper.
4. Don't mistake the feeling of safety for someone being the one. Just because you're safe this time, doesn't mean he's the right person for you. You can want more than being safe.
5. Trauma is only a disorder once your symptoms have outlived their usefulness. They helped you survive, and for that, they deserve respect.
6. You ended up in an abusive relationship because your childhood conditioned you to be in exactly that.
7. Stop pressuring yourself to trust people again. It's their job to earn your trust.
8. I'm so proud of you—imagine with me what it would feel like for you also to be proud of you. Who is it that you're waiting for to give you permission to love yourself? It's you. You're waiting for you.
9. Are you crazy or having a reasonable reaction to life? How would you expect a reasonable person to act after all of those things happened?
10. We will call that abusive moving forward, even if your mouth is just now learning to say that word.

## STAY INFORMED ABOUT WHAT'S HAPPENING WITH BBS!

Are you an applicant, registrant, licensee or consumer who would like increased access to BBS activities and updates? Join our email subscribers list! You can also follow the Board on Facebook and X. Scan a QR code, click on a graphic, or go to [www.bbs.ca.gov](http://www.bbs.ca.gov) to connect!



EMAIL  
SUBSCRIBERS  
LIST



# STRATEGIES FOR AVOIDING CLINICIAN IMPAIRMENT THROUGH SELF-CARE

It is important for mental health professionals to take care of their own well-being. In fact, as you likely learned in school, it is an ethical responsibility. But sometimes, this is easy to forget. As a helping professional, your focus is often on your clients, and you may not take the time to think about your own health. Personal issues, stress, burnout, and secondary traumatic stress happen to everyone. Regularly listening to clients who are struggling can easily trigger your own stress-response system, raising your cortisol levels and causing inflammation, tension headaches, and agitation.

In some cases, these issues can lead to clinician impairment—meaning a deterioration in the quality of services provided to your clients. The ethics codes for the four professions regulated by the Board all speak to clinician impairment, as well as the responsibility to take steps to address it.

It can be difficult for mental health professionals to acknowledge their own struggles due to stigma or fear of failure. The thought of reaching out can seem daunting or even feel embarrassing. But when a problem is not addressed, the consequences can be major. Over time, clinicians may lose objectivity with their clients. They might begin to cross professional boundaries. Their interest in clients can wane, and they may feel irritated or cynical toward them. Some may turn to maladaptive coping strategies, including substance use. This raises an important question: What can the helpers do to take care of themselves?

Focus on prevention. Think about how you would advise your own clients. Here are some ideas:

- Make it a priority to take care of yourself physically and emotionally.
- Don't try to be perfect, have it all, or do it all.
- Strive for balance, even if it's not fully possible.
- Stay connected. Get involved with the local chapter of your professional association, attend networking events, and consider joining a supervision group. This will give you a built-in support system when you need it.
- Remember the mind-body link. Take care of your body by going for walks between sessions, stretching regularly, maintaining a consistent sleep schedule, and creating an exercise routine that works for you.
- Practice mindfulness. Mindfulness work is one of the most effective self-care strategies, helping to cultivate inner peace. It lowers blood pressure, reduces anxiety, increases the quality of sleep, improves mood, and much more. And it's free! Search YouTube for "mindfulness exercises" or "meditations."

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If you're feeling stressed or burned out, here are some steps you can take:

- Accept that you're human, in need of assistance, and a work-in-progress (as we all are).
- Watch out for warning signs, such as violating boundaries (including personal boundaries), self-medication, wishing patients would not show up, finding it difficult to focus, boredom, and fatigue, and seek help when it is needed.
- Make an appointment with a psychotherapist.
- Make use of colleague assistance programs or peer consultation groups to discuss issues that are leading to stress or burnout and learn how others have successfully addressed them.
- Seek supervision or consultation.

\*Excerpts from ***“Psychological Wellness and Self-Care as an Ethical Imperative”*** by Jeffrey E. Barnett, Psy.D., ABPP.

## SELF-CARE RESOURCES

California Association of Marriage and Family Therapists: Local chapters and networking events. [www.camft.org](http://www.camft.org)

National Association of Social Workers: Some regional groups offer peer support groups, and the membership committee is putting together a monthly virtual support group. For more information, contact [membership@naswca.org](mailto:membership@naswca.org)

American Association for Marital and Family Therapy: Peer-to-peer community forums and directory of AAMFT-approved supervisors: [www.aamft.org](http://www.aamft.org)

American Counseling Association: [www.counseling.org](http://www.counseling.org)

National Academy of Medicine: Action Collaborative on Clinician Well-Being and Resilience: <https://nam.edu/initiatives/clinician-resilience-and-well-being>



## ONLINE IS EASIER AND FASTER!

### A Variety of Online Services Available Via BreEZe

For faster service, manage your registration and license online! BreEZe provides services for applicants, registrants, and licensees that can save you weeks of processing time compared to paper applications. BreEZe allows payment via major credit card through a secure environment. Services available include the ability to:

- Subscribe to license notifications
- Apply for an associate registration (coming soon!)
- Request a name change
- Submit an address change (takes effect instantly)
- Add or change an email address
- Verify a license and obtain proof of renewal status
- Obtain a certification of licensure
- Renew a license or registration instantly (up to 90 days in advance)
- Submit an application to change from “inactive” to “active” status
- Request a replacement registration or license (allow two weeks for delivery)
- Apply for initial Law and Ethics Exam
- Apply for initial license issuance

Consumer complaints can also be filed on BreEZe.

Visit [www.BreEZe.ca.gov](http://www.BreEZe.ca.gov).

### HELPFUL TIPS AND TUTORIAL VIDEOS

If you are new to the Board’s online services or just need some assistance, helpful tips are available online:

#### BreEZe Helpful Hints BreEZe Help Tutorial Videos

Video topics include:

- How to register for BreEZe
- What to do if you forgot your password or user ID
- How to submit a renewal
- How to update your information
- How to make a payment
- How to search for a license
- How to subscribe to license notifications

If you need additional assistance using BreEZe, technical support can be reached at (855) 227-9633.

CALIFORNIA DEPARTMENT OF CONSUMER AFFAIRS



## ENFORCEMENT ACTIONS

**Citation and Fine**—An administrative action used for minor violations. Citations and fines are public information but are not considered disciplinary action.

### CITATION ENFORCEMENT ACTIONS—UNLICENSED PRACTICE August 1, 2025 – December 31, 2025

Name	License Number	Fine Amount
Ryan K. Thompson	UNLICENSED	\$5,000



## FORMAL DISCIPLINARY ACTIONS AUGUST 1, 2025 – DECEMBER 31, 2025

Select the individual's name for a link to more information.

**Costromas B. Abercrombie**

ASW 101075

Gardena

**FAILED TO COMPLY WITH  
PROBATION TERMS/CONDITIONS**

Action: Registration surrendered.

Effective: December 4, 2025

**Sandra Diane Aragon**

AMFT 125491

Fontana

**CRIMINAL CHARGES/  
CONVICTIONS**

Action: Registration revoked, revocation stayed, and placed on probation for a period of three (3) years with terms and conditions.

Effective: December 4, 2025

**Eric R. Bergemann**

LMFT 46291

Los Angeles

**DISCIPLINE BY ANOTHER  
STATE/AGENCY**

Action: License revoked, revocation stayed, and placed on probation for a period of two (2) years with terms and conditions.

Effective: September 25, 2025

**Janine Yvette Betts**

LMFT 160079

Los Angeles

**FRAUD**

Action: License revoked, revocation stayed, and placed on probation for a period of three (3) years with terms and conditions.

Effective: December 4, 2025

**Ashley Marie Booker**

ASW 106240

Irvine

**MENTAL/PHYSICAL  
IMPAIRMENT**

Action: Registration revoked.

Effective: September 25, 2025

**Lutchmia Lizonia Branner**

ASW 104908

Oakland

**CRIMINAL CHARGES/  
CONVICTIONS**

Action: Registration revoked, revocation stayed, and placed on probation for a period of five (5) years with terms and conditions.

Effective: October 16, 2025

**Jazmin Carrillo**

ASW 135829

Imperial

**CRIMINAL CHARGES/  
CONVICTIONS**

Action: Registration revoked, revocation stayed, and placed on probation for a period of three (3) years with terms and conditions.

Effective: December 4, 2025

**Alexandra Castaneda**

AMFT 138017

Newhall

**CRIMINAL CHARGES/  
CONVICTIONS**

Action: Registration revoked, revocation stayed, and placed on probation for a period of five (5) years with terms and conditions.

Effective: December 4, 2025

**Veronica Martha Cervantes**

AMFT 127632

Ventura

**SEXUAL MISCONDUCT**

Action: Registration revoked.

Effective: September 25, 2025

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**FORMAL DISCIPLINARY ACTIONS AUGUST 1, 2025 – DECEMBER 31, 2025****Parker William Chamberlin**

ASW 135830

Fresno

**CRIMINAL CHARGES/  
CONVICTIONS**

Action: Registration revoked, revocation stayed, and placed on probation for a period of three (3) years with terms and conditions.  
Effective: December 4, 2025

**Elva Cortez**

LCSW 80192

Plumas Lake

**CRIMINAL CHARGES/  
CONVICTIONS**

Action: License revoked, revocation stayed, and placed on probation for a period of three (3) years with terms and conditions.  
Effective: September 25, 2025

**Christopher Lee Cramer**

ASW 135831

San Juan Capistrano

**CRIMINAL CHARGES/  
CONVICTIONS**

Action: Registration revoked, revocation stayed, and placed on probation for a period of three (3) years with terms and conditions.  
Effective: December 4, 2025

**Robert Lawrence Howard**

LMFT 5994

Lancaster

**DISCIPLINE BY ANOTHER  
STATE/AGENCY**

Action: License surrendered.  
Effective: September 25, 2025

**Rocio Limon Graciano**

LCSW 20871

Hacienda Heights

**FAILED TO COMPLY WITH  
PROBATION TERMS/CONDITIONS**

Action: License revoked.  
Effective: December 4, 2025

**Sonia C. Lucana**

LCSW 27764

San Mateo

**CRIMINAL CHARGES/  
CONVICTIONS**

Action: License revoked, revocation stayed, and placed on probation for a period of five (5) years with terms and conditions.  
Effective: September 25, 2025

**Madai Magana**

ASW 112548

Fullerton

**CRIMINAL CHARGES/  
CONVICTIONS**

Action: Registration revoked, revocation stayed, and placed on probation for a period of three (3) years with terms and conditions.  
Effective: December 4, 2025

**Martha Elizabeth Morales Casco**

ASW 99000

Jonesboro, AR

**CRIMINAL CHARGES/  
CONVICTIONS**

Action: Registration revoked.  
Effective: September 25, 2025

**Desiree Anne Moreno**

LMFT 116320

Paramount

**FAILED TO COMPLY WITH  
PROBATION TERMS/CONDITIONS**

Action: Probation extended by one (1) year, with additional terms and conditions.  
Effective: September 25, 2025

**Jacob Joshua Munzaa**

ASW 135833

Winchester

**FRAUD**

Action: Registration revoked, revocation stayed, and placed on probation for a period of five (5) years with terms and conditions.  
Effective: December 4, 2025

**Kimberly B. Nielsen**

LMFT 40634

San Jose

**UNPROFESSIONAL CONDUCT**

Action: License surrendered.  
Effective: December 4, 2025

**Veronica Luis O'Brien**

AMFT 148865

San Jose

**CRIMINAL CHARGES/  
CONVICTIONS**

Action: Registration revoked.  
Effective: September 25, 2025

**Marlen Pomposo**

ASW 96255

Hawthorne

**CRIMINAL CHARGES/  
CONVICTIONS**

Action: Registration surrendered.  
Effective: December 4, 2025

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**FORMAL DISCIPLINARY ACTIONS AUGUST 1, 2025 – DECEMBER 31, 2025****Joan Alexandra Porter**

LMFT 46392  
Cody, WY  
**CRIMINAL CHARGES/CONVICTIONS**  
Action: License revoked.  
Effective: September 25, 2025

**James Walter Pritchett, Jr.**

LMFT 138557  
Mill Valley  
**CRIMINAL CHARGES/CONVICTIONS**  
Action: License surrendered.  
Effective: September 25, 2025

**Daniel Osvaldo Rodriguez**

ASW 119755  
Compton  
**FAILED TO COMPLY WITH PROBATION TERMS/CONDITIONS**  
Action: Registration revoked.  
Effective: September 25, 2025

**Noel Katherine Karcie Scalla**

LMFT 132683  
Sebastopol  
**FAILED TO COMPLY WITH PROBATION TERMS/CONDITIONS**  
Action: Probation extended by one (1) year with additional terms and conditions.  
Effective: December 4, 2025

**Ahmad Shahrokh**

AMFT 160104  
Santa Ana  
**CRIMINAL CHARGES/CONVICTIONS**  
Action: Registration revoked, revocation stayed, and placed on probation for a period of five (5) years with terms and conditions.  
Effective: December 4, 2025

**Alexandra Shamma**

AMFT 146194  
San Diego  
**FAILED TO COMPLY WITH PROBATION TERMS/CONDITIONS**  
Action: Registration revoked.  
Effective: December 4, 2025

**Anshu Sharma Prunet**

LMFT 104675  
Berkeley  
**FAILED TO COMPLY WITH PROBATION TERMS/CONDITIONS**  
Action: Probation extended by eighteen (18) months.  
Effective: December 4, 2025

**Amarri Rashaah Simms**

LMFT 98260  
San Diego  
**CRIMINAL CHARGES/CONVICTIONS**  
Action: License revoked, revocation stayed, and placed on probation for a period of three (3) years with terms and conditions.  
Effective: September 25, 2025

**Michael Von Simpson**

ASW 134122  
San Diego  
**CRIMINAL CHARGES/CONVICTIONS**  
Action: Registration revoked, revocation stayed, and placed on probation for a period of five (5) years with terms and conditions.  
Effective: September 25, 2025

**Kathleen Kay Toland**

LMFT 46336  
Roseville  
**UNPROFESSIONAL CONDUCT**  
Action: License surrendered.  
Effective: September 25, 2025

**Duc Trung Huynh Tong**

ASW 135832  
San Jose  
**CRIMINAL CHARGES/CONVICTIONS**  
Action: Registration revoked, revocation stayed, and placed on probation for a period of five (5) years with terms and conditions.  
Effective: December 4, 2025

**Stephanie Vazquez Orozco**

ASW 125184  
Los Angeles  
**FAILED TO COMPLY WITH PROBATION TERMS/CONDITIONS**  
Action: Probation extended by two (2) years.  
Effective: September 25, 2025

**Judith L. Weston-Thompson**

LMFT 23268  
San Rafael  
**CRIMINAL CHARGES/CONVICTIONS**  
Action: License surrendered.  
Effective: September 25, 2025



Board of Behavioral Sciences

**CALIFORNIA  
BOARD OF BEHAVIORAL SCIENCES**

1625 North Market Blvd., Suite S-200  
Sacramento, CA 95834  
(916) 574-7830



## UPCOMING MEETING DATES

### Board Meetings

February 19-20  
May 7-8  
August 13-14  
November 19-20

### Outreach and Education Committee

April 16  
June 23  
September 8

### Policy and Advocacy Committee

April 17  
June 16  
September 17

### Workforce Development Committee

April 17  
June 16  
September 17

### EVENTS TO REMEMBER

- FEBRUARY 2-6**  
National School Counseling Week
- MARCH 16-20**  
National LGBTQ Health Awareness Week
- MARCH**  
National Social Worker Month
- MAY**  
Mental Health Awareness Month

Please visit the [Board and Committee Meetings webpage](#) or sign up for the [email subscribers list](#) for updates.

CALIFORNIA  
BOARD OF BEHAVIORAL SCIENCES

WINTER 2026 NEWSLETTER | [WWW.BBS.CA.GOV](http://WWW.BBS.CA.GOV)